

COOvenFriedChicken10

Number of Servings: 10 (111.52 g per serving)

Amount	Measure	Ingredient
10.00	ea	Chicken, broiler/fryer, breast, w/o skin, rstd
1 1/2	ea	Eggs, whole, raw, lrg
3.00	oz	Flour, all purpose, white, bleached, enrich
1.00	tsp	Spice, paprika
3/8	tsp	Spice, pepper, black
6 1/2	Tbs	Margarine, 80% fat, unsalted

Nutrients per serving

Nutrition Facts			
Serving Size (112g)			
Servings Per Container			
Amount Per Serving			
Calories 250		Calories from Fat 100	
		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 105mg		35%	
Sodium 75mg		3%	
Total Carbohydrate 7g		2%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 29g			
Vitamin A 10%		Vitamin C 0%	
Calcium 2%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

1 pound flour = 4 cups (16 oz = 1 pound so each oz flour = 1/4 cup)

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Combine flour, paprika and black pepper. Set aside. Dip chicken in eggs, then dredge in seasoned flour. Place chicken in single layer on greased baking sheets (use part of margarine to grease pans). Brush chicken VERY LIGHTLY with melted margarine. Bake at 350 degrees F for 1 hour or until chicken is browned and tender and reaches an internal temperature of 170 degrees F.

1 breast = 1 serving = 1/2 CS